



Back pain is one of the most common reasons for missed work, & is the second most common reason for doctor's office visits.

Most cases of back pain are mechanical or non-organic, meaning they are NOT caused by serious conditions.

Americans spend at least \$50 billion a year on back pain!

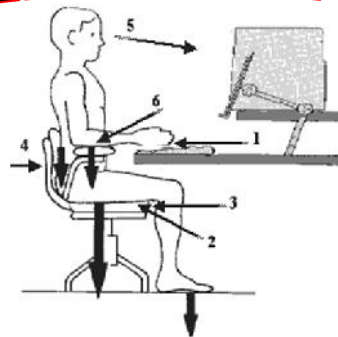
- American Chiropractic Association



One-half of all working Americans admit to having back pain symptoms each year!

Try these simple tips at the office to help reduce

LOWER BACK PAIN



1. Elbow measure

Sit as close as possible to your desk so that your upper arms are parallel to your spine. If your elbows are not at a 90-degree angle, adjust your office chair height.

2. Thigh measure

Check that you can easily slide your fingers under your thigh at the edge of the office chair. If it is too tight, prop your feet up with a footrest. If you are tall and there is more than a finger width between your thigh and the chair, you need to raise the work surface so you can raise the office chair height.

3. Calf measure

With your bottom against the chair back, try to pass your fist between the back of your calf and the front of your chair. If you can't do this easily, the chair is too deep.

4. Low back support

Your bottom should be pressed against the back of your chair and there should be a cushion that causes your lower back to arch slightly. This support is essential to minimize your back strain.

5. Resting eye level

Your gaze should be aimed at the center of your computer screen. If not, either raise or lower the screen to reduce neck strain.

6. Armrest

Adjust the armrest of your chair so that it slightly lifts your arms at the shoulders. Use of an armrest takes some strain off your neck and shoulders and makes you less likely to slouch forward.

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